

Bilingual Phrase Cards

Karen/English

Version 2023 4up



This information was compiled by the Centre for Cultural Diversity in Ageing in 2023.

This publication was funded by the Australian Government Department of Health and Aged Care.

တၢ်ဂ့ၢ်တၢ်ကျိၤအံၤ ဘၣ်တၢ်ဟံၣ်ဖျိၣ်အံၤ တပူၤဃီလၢ စဲထၢၣ်လၢတၢ်ဆဲးတၢ်လၢ အကလုာ်ကလုာ်လၢသ့ၣ်က့သးပှ် အပူၤအဂီၢ် (Centre for Cultural Diversity in Ageing) ဖဲ 2023 အပူၤလီၤ.

လံာ်အံၤဘၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤအံၤလၢ ကျိၣ်စ့ လၢ အီးစံၤတြုလယါပဒိၣ် တၢ်အိၣ်ဆူၣ် အိၣ်ချ့ဒီး တၢ်ကွၢ်ထွဲပှ်သးပှ်ဝဲၤကျိၤ (Australian Government Department of Health and Aged Care) န့ၣ်လီၤ.

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ဟဲလိပ်/လဲၤမုၢ်မုၢ်နီၤ.

Hello/Goodbye.

hello/ lae mu mu naw.

Karen

တူၢ်လိာ်မုၢ်နၢၤလီၤ.

Welcome.

tu lo mu na law.

Karen

ဂီၤလၢအဂ့ၢ်.

Good morning.

gaw ler a'ghay.

Karen

ဟါလၢအဂ့ၢ်.

Good afternoon.

ha ler a'ghay.

Karen



သးခုလၢ နနံၤအိၣ်ဖျဲၣ်နီၤ.

Happy Birthday!

tha ku ler na ni oh plae naw!

Karen

နံၣ်ဆဲးဆၢသးဖုံနီၤ.

Happy Anniversary!

nii sat ser tha pwee naw!

Karen

ခရံၣ်အိၣ်ဖျဲၣ်နီၤ.

Merry Christmas!

chri oh plae naw!

Karen

သးဖုံဖဲနံၣ်ထီၣ်သီလီၤ.

Happy New Year!

the pwee pae nii htaw thaw law!

Karen



တၢ်ဘျးဒိၣ်မး.

Thank you so much.

ta blu doh ma.

Karen

သးခုတူၢ်လိာ်နၢ်လီၤ.

You're welcome.

tha khu tuu loe na law.

Karen

ယမံၤမ့ၢ်....
ယကကွၢ်ထွဲနၢ်လၢတနံၤအံၤလီၤ.

My name is...
I will be caring for you today.

ya me may
ya ka kwa twae na ler ta ni ei law.

Karen



ဝံသးစုလၢ
မၤတံာ်တၢ်န့ၢ်အယိလီၤ.

Sorry for disturbing you.

wee tha su ler ma ti ta na a'koe law.

Karen

ယသးတမ့ၢ်ဘၣ်.

I am sorry.

ya tha t'mu ba.

Karen

နအိၣ်ဆုၣ်ဧါ.

How are you?

na oh su ha?

Karen

တနံၤအံၤ နတူၢ်ဘၣ်ဒ်လဲၣ်.

How are you feeling today?

ta ne ei na tu ba dee leh?

Karen



ဟဲဃီၤ လၢအံၤနီၤ,
ပကစးထီၣ်လီၤ.

Come on dear,
Let's get started!

hae ghaw lae eh naw.
pa ka sa htaw law.

Karen

ယဘဉ်သးလၢ
နကမၤစၢၤယၤလီၤ.

I would love you to help me.

ya ba tha ler na ka mar ser ya law.

Karen

ဝံသးစူၤ နမၤစၢၤယၤကသ့ၣ်.

Can you help me, please?

wee tha su, na ma ser ya ka thay ha?

Karen

ယကမၤစၢၤနီၤလီၤ.

I will help you.

ya ka mar ser na law.

Karen



နအဲၣ်ဒီးလုၣ်ထံၣ်.

Would you like to have a shower?

na eh doe lu tee ha?

Karen

နအဲၣ်ဒီးကူကၢတၢ်မနုၤလဲၣ်.

What would you like to wear?

na oh daw kuka ta manu lae?

Karen

ချါသိအိၣ်ဖဲအံၤ.

Here is the soap.

kla thoe oh pae ei.

Karen

ထိးကွၢ်ထံအံၤ.

Touch the water.

toe kwa tee ei.

Karen



ထံအံၤကိၢ်ဒါ မ့တမ့ၢ် ချံၣ်ဒါ.

Is the water hot or cold?

tee ei ko ha - may ta may - kle ha?

Karen

လုၣ်ထံဝံၤလံ.

Showering is finished.

lu tee wee lee.

Karen

ပျဲယထူးသုထီၣ်နလိၤနီ.

Let me dry your body.

plae ya tu thoo na lo naw.

Karen

ပျဲယဒူးသီးထီၣ်နၤ ဆွဲကၤနီ.

Let me help you get dressed.

plae ya du tho taw na say ka naw.

Karen



ဝံလံ.
ခဲအံနဒိပ်တၢ်ဂ့ၤဒိပ်မးလီၤ.

Done.
Now you look great!

wee lee.
kae eh na doe ta gay doh ma law!

Karen

နအိပ်ကတီၤသးလံၤ.

Are you ready?

na oh ka taw tha lee ha?

Karen

နဘၣ်သးထီၣ်တၢ်ဟးလီၤ.

Do you need the toilet?

na ba tha taw ta ha law ha?

Karen

ယကလဲၤဆၢနဆူ တၢ်အိၣ်မ့ၤအလီၤ.

I will walk with you to the dining room.

ya ka lae sher na su ta aww may a' law .

Karen



ဝံသးစုၼ်
ဆ့ၼ်နီၼ်လၢလီၼ်ဆ့ၼ်နီၼ်ဖိခိၼ်နီၼ်.

Let's sit down on the chair, please.

wee tha su say naw ler law say naaw paw koe naw.

Karen

ပကက့ၼ်ဆ့ၼ်နီၼ်ပုၼ်လီၼ်.

We are going to your room.

pa ka kay su na der pu law.

Karen

ပကလဲၼ်ဆ့ၼ်တၢ်ဟးလီၼ်လီၼ်.

We are going to the toilet.

pa ka law su ta ha law law.

Karen

တၢ်အံၼ်မ့ၼ်န့ၼ်တၢ်ဟးလီၼ်လီၼ်.

This is your toilet.

ta ei may na ta ha law law.

Karen



တၢ်အံၤမ့ၢ်န့ၢ်တၢ်လုၢ်ထံလီၤလီၤ.

—
This is your bathroom.

ta eh may na ta lu tee law law.

Karen

တၢ်အံၤမ့ၢ်န့ၢ်လီၤမံၤဒၢလီၤ.

—
This is your room.

te eh may na law mee der law.

Karen

ပျဲယဆီတလဲန့ၢ် နဆ့ကၤ.

—
Let me change your clothes.

plae ya saw ta lae nay na say ka.

Karen

ဝံသးစူၤ မံ.

—
Please go to sleep.

wee tha su, mee.

Karen

နီလၢၤအံ့လၢ.

Good night.

na ler ghay.

Karen

ခဲအံၤမ့ၢ်
ဂီၤတၢ်အိၣ်အဆၢကတီၢ်လီၤ.

It is breakfast time.

kae ei may ghaw ta aww a'ser ka taw law.

Karen

ခဲအံၤမ့ၢ် ဂီၤ/
ဟါလၢန့ၣ်ဖးထံအဆၢကတီၢ်လီၤ.

It is time for morning/afternoon tea.

kae ei may ghay/ha la pa tee a'ser ka taw law.

Karen

ခဲအံၤမ့ၢ်မုၢ်ထူၣ်တၢ်အိၣ်အဆၢကတီၢ်လီၤ.

It is lunch time.

kae ei may mu tu ta aww a'ser ka taw law.

Karen

ခဲအံၤမ့ၢ်
ဟါတၢ်အိၣ်အဆၢကတီၢ်လီၤ.

It is dinner time.

kae ei may ha ta aww a'ser ka taw law.

Karen



နာနာသးအီၣ် ကသူထံၣ်.

Do you want soup?

na ba tha aww "ka thoo tee" ha?

Karen

နာနာသးအီၣ် တၢ်အီၣ်လံၣ်.

Do you want the main course?

na ba tha aww "ta aww" lee ha?

Karen

နာနာသးအီၣ် တၢ်အီၣ်တံၤသးၣ်.

Do you want dessert?

na ba tha aww "ta aww te tha" ha?

Karen

နာနာသးအီၣ် လၢၣ်ဖးထံ မ့တမ့ၢ် ခိဖံၣ်.

Do you want tea or coffee?

na ba tha aww "la pa tee" may ta may – coffee ha?

Karen



နအဲၣ်ဒီးအီၣ်ကိၣ်ပိၣ်မိးၣ်.

Do you want bread?

na eh doe aww "koe paw moe" ha?

Karen

နအဲၣ်ဒီးအီၣ်မ့ၣ်.

Do you want rice?

na eh doe aww "may" ha?

Karen

နအဲၣ်ဒီးအီၣ် အၣ်လူတံၢ်.

Do you want potatoes?

na eh doe aww "ah luu tii" ha?

Karen

နအဲၣ်ဒီးအီၣ် ဖၣ်စတၢ်.

Do you want pasta?

na eh doe aww "pasta" ha?

Karen



နအဲၣ်ဒီးအီၣ် တကွံသၣ်ဧါ.

Do you want a banana?

na eh doe aww "ta kwee tha" ha?

Karen

နလိၣ်ဘၣ်အံသၣ်ဆါဧါ.

Do you want sugar?

na lo ba "e tha ser" ha?

Karen

နအဲၣ်ဒီးအီၣ်ဆီညၣ်ဧါ.

Do you want chicken?

na eh doe aww "saw nya" ha?

Karen

နအဲၣ်ဒီးအီၣ်ညၣ်ဧါ.

Do you want fish?

na eh doe aww "nya" ha?

Karen



နအဲၣ်ဒီးအိၣ်သိညၣ်ဧါ.

Do you want lamb?

na eh doe aww "thoe nya" ha?

Karen

နအဲၣ်ဒီးအိၣ်ကျီၣ်ညၣ်ဧါ.

Do you want beef?

na eh doe aww "klaw nya" ha?

Karen

နအဲၣ်ဒီးအိၣ် တၢ်သ့တၢ်သၣ်ထံဧါ.

Do you want juice?

na eh doe oh "ta thoo ta tha tee" ha?

Karen

နလိၣ်ဘၣ်အံၣ်သၣ်ဧါ.

Do you want salt?

na loe ba "ei tha" ha?

Karen



နအဲၣ်ဒီးအီၣ် တၢ်ဒီးတၢ်လၢၣ်စံၢ်ဃါၤ။

Do you want salad?

na eh doe aww "ta doe ta la si ga" ha?

Karen

နအဲၣ်ဒီးအီၣ် တၢ်ဒီးတၢ်လၢၣ်ၤ။

Do you want vegetables?

na eh doe aww "ta doe ta la" ha?

Karen

နအဲၣ်ဒီးအီၣ်ထံၤ။

Do you want water?

na eh doe oh "tee" ha?

Karen

တၢ်အီၣ်တၢ်အီၣ်အံၤ ဝံၣ်ၤ။

Is the meal nice?

ta aw ta aww ei weed ha?

Karen



မုၢ်အကိၢ်တလၢၤၤ.

Is it too hot?

may a'koe ta ler ha?

Karen

မုၢ်အခုၣ်တလၢၤၤ.

Is it too cold?

may a'ku ta ler ha?

Karen

ဝံၣ်ၤ.

Is it good?

weed ha?

Karen

နုၤလိၣ်ဘၣ်အါထီၣ် ကသူထံၤ.

Do you want more soup?

na loe ba ah taw "ka thoo tee" ha?

Karen



နလိပ်ဘဉ်အါထီဉ် တၤသူတၤသဉ်နါ.

Do you want more fruit?

na loe ba ah taw "ta thoo ta tha" ha?

Karen

တၤသဉ်ဝံၤနသးနါ.

Are you hungry?

ta tha wee na tha ha?

Karen

နအီဉ်ဘဉ်တၤဘျဲနါ.

Have you eaten enough?

na aww ba ta blae ha?

Karen

နအီဉ်တၤဝံၤလံနါ.

Have you finished?

na aww ta wee lee ha?

Karen



နသးသူထံဒါ.

Are you thirsty?

na tha thoo tee ha.

Karen

ဝံသးစူၤ အိၣ်တက့ၢ်.

Please eat.

wee tha su aw ta kay.

Karen



ဘဉ်မနုၤယိ နသးတမ့ၢ်ဘဉ်လဲၣ်.

Why do you look sad?

ba ma nu koe, na tha ta muu ba lae.

Karen

တၢ်မနုၤမၤကိၢ်မၤဂီၤနၤလဲၣ်.

What is worrying you?

ta ma nu ma ko ma gaw na lae?

Karen

နသးအူးလီၤ.
ဘဉ်မနုၤအယိလဲၣ်န့ၣ်,
နဘဉ်သးတဲပူးယၤခါ.
နတူၢ်ဘဉ်မ့ၢ်မ့ၢ်မ့ၢ် နတဲပူးယၤသ့လီၤ.

You're upset.
Would you like to tell me why?
Only if you're comfortable.

na tha oo law.
ba me nu a'koe lae nay, na ba tha tae pya ya ha?
na tuu ba may muu ma, na tae pya ya thay law.

Karen

နသးထီၣ်တၢ်လီၤ.
ဘဉ်မနုၤအယိလဲၣ်န့ၣ်,
နဘဉ်သးတဲပူးယၤခါ.
နတူၢ်ဘဉ်မ့ၢ်မ့ၢ်မ့ၢ် နတဲပူးယၤသ့လီၤ.

You're angry.
Would you like to tell me why?
Only if you're comfortable.

na tha htaw ta law.
ba me nu a'koe lae nay, na ba tha tae pya ya ha?
na tuu ba may muu ma, na tae pya ya thay law.

Karen



ဝံသးစူၤ တဘၣ်ဟီၣ်တဂ့ၤ.
တၢ်ခဲလၢ် ကလဲၤအသးဂ့ၤလီၤ.

—
Please don't cry.
Everything will be fine.

wee tha su ta ba haw ta gay.
ta kae ler ka lae tha gay gay law.

Karen

ဝံသးစူၤ ယတဲတၢ်ဒီးနၤသ့ၤ.

—
Can I talk to you, please?

wee tha su, ya tae ta daw na thay ha?

Karen

ဝံသးစူၤ ယဘၣ်တဲတၢ်ဒီးနၤလီၤ.

—
I need to talk to you, please.

wee tha su, ya ka ba tae ta daw na law.

Karen

နလိၣ်တၢ်မၤစၢၤ.

—
Do you need help?

na loe ta ma ser ha?

Karen



ယအိၣ်လၢ ကမၤစၢၤန့ၣ်အဂီၢ်လီၤ.

I am here to help you.

ya oh ler ya ka ma ser na law.

Karen

ယမၤတၢ်လၢန့ၣ် ကသ့မန့ၣ်လဲၣ်.

What can I do for you?

ya ma ta ler na gay ka thay ma nu lae?

Karen



နဟးသ့ဒါ.

Can you walk?

na ha thay ha.

Karen

ယထံၣ်လၢ နဟးကီၣ်ခဲလၢနဂီၢ်လီၤ.
ယမၤစၢၤနီၤနီၤ.

I can see that you're
finding it hard to walk.
Let me help you.

ya tii ler na ha kaw kae ler na gaw law. ya k'ma ser na naw.

Karen

တၢ်ကီၣ်တၢ်ခဲမ့ၢ်အိၣ်န့ၣ်,
တဲဘၣ်ယၤနီၤ.

Tell me what's wrong.

ta kaw ta kae may ohh nay, tae ba ya naw.

Karen

ကစၢ်ကစၢ်,
တၢ်မနုၤကဲထီၣ်အသးလဲၣ်.

Oh my goodness,
what happened?

ka sa ka sa! ta ma nu kae taw tha lae.

Karen



တၢ်အံၤမ့ၢ် နၢး(စ)လီၤ.

This is the nurse.

ta ei may nurse law.

Karen

တၢ်အံၤမ့ၢ် ကသံၣ်သရၣ်လီၤ.

This is the doctor.

ta ei may ka thi tha ra law.

Karen

နၢး(စ)ကမၤစၢၤနၢၤလီၤ.

The nurse is here to help you.

nurse ka ma ser na law.

Karen

ကသံၣ်သရၣ်ကမၤစၢၤနၢၤလီၤ.

The doctor is here to help you.

ka thi tha ra ka ma ser na law.

Karen

ကသံၣ်သရၣ်အဲၣ်ဒီးသမံသမီးကွၢ်နၢလီၤ.

The doctor would like to examine you.

ka thi tha ra eh doe tha mee tha moe kwa na law.

Karen

ဝံသးစူၤ အိးထီၣ်နကိၣ်ပူၤတက့ၢ်.

Open your mouth, please.

wee tha suu oh taw na kaw pu ta kay.

Karen

ကသါထီၣ်ကသါလီၤတက့ၢ်.

Breathe in and out.

ka tha taw – ka tha law ta kay.

Karen

ဘၣ်ဒိဖဲလဲၣ်.
ဆါဖဲလဲၣ်.

Where does it hurt?
Where is the pain?

ba doe pae lae?
sa pae law?

Karen



နတူၢ်ဘၣ်လၢအသးကံၤနီၤ.

Does it feel itchy?

na tuu ba ler a'tha gi ha?

Karen

နခိၣ်သၣ်ဃံဆါနီၤ.

Do you have a headache?

na koe tha kee sa ha?

Karen

နဟၢဖၢဆါနီၤ.

Do you have stomach pain?

na her per sa ha?

Karen

နခိၣ်မူၤနီၤ.

Do you feel dizzy?

na koe moo ha?

Karen



နကသါန့ၣ်ဧါ.

Can you breathe?

na ka tha nay ha?

Karen

နဘိုးဧါ.

Have you vomited?

na bwo ha?

Karen

နအိၣ်တဆူၣ်ဧါ.

Do you feel sick?

na oh ta su ha?

Karen

နတူၢ်ဘၣ်လၢ နအဲၣ်ဒီးဘိုးဧါ.

Do you feel like
you need to vomit?

na tu ba ler na eh doe bwo ha?

Karen



နချာယံဆါခါ.

Does your back hurt?

na kler kee sa ha?

Karen

နခံကိဝ်ဆါခါ.

Does your hip hurt?

na kee koe has ha?

Karen

နတူၢ်ဘၣ်တမ့ၢ်ဘၣ်နၤခါ.

Are you uncomfortable?

na tu ba ta mu ba na ha?

Karen



ဝံသးစူၤ နဆ့ၣ်နီၤကသ့ၣ်ဒါ.

Can you sit down, please?

wee tha su na say naw k'thay ha?

Karen

နဟၢဖၢကျါၤဒါ.

Are you constipated?

na her per kler ha?

Karen

တၢ်ကိၢ်နသးဒါ.

Are you hot?

ta koe na tha ha?

Karen

တၢ်ဂိၢ်နသးဒါ.

Are you cold?

tha goe na tha ha?

Karen



မုၢ်တနီၣ်

Monday

mu ta nee

Karen

မုၢ်ခနီၣ်

Tuesday

mu kee nee

Karen

မုၢ်သၢနီၣ်

Wednesday

mu ther nee

Karen

မုၢ်လွၢ်နီၣ်

Thursday

mu lwee nee

Karen



မုၢ်ယဲၢ်နံၤ

Friday

mu yae nee

Karen

မုၢ်ယုၤနံၤ

Saturday

mu ku nee

Karen

မုၢ်ခိၣ်ထံးနံၤ

Sunday

mu kaw ti ni

Karen

လၢယန့ၤအါရံၣ်

January

lar ya nu ah ri

Karen



လိဖုၤတြူၤအိရံၣ်

February

lar pay bu ah ri

Karen

လိမးရှဲး

March

lar ma sha

Karen

လိအ့ၣ်ဖြဲၣ်

April

lar aye pray

Karen

လိမ့ၤ

May

lar may

Karen



လိယု

June

lar yu

Karen

လိယုလံ

July

lar yu li

Karen

လိအီကုး

August

lu aww ku

Karen

လိစဲးပတွာၼ်

September

lar sat pa tay ber

Karen



လါအီးကထိဘၢ်

October

lar aw k'toe ber

Karen

လါနိၣ်ဝ့ဘၢ်

November

lar noe way ber

Karen

လါဒိၣ်စဲဘၢ်

December

lae dee sae ber

Karen

နီၣ်

Year

nii

Karen



နဘာ်သးဖီခါ.

Do you like flowers?

na ba ta "paw" ha?

Karen

နအိၣ်တၢ်သ့တၢ်သးဝံၣ်ခါ.

Do you like fruit?

na aww ta thoo ta tha wee ha?

Karen

နကွၢ်တၢ်ဂီၤမူမ့ၢ်ခါ.

Do you like watching videos?

na kwa ta gaw moo mu ha?

Karen

ခဲအံၤ နအဲၣ်ဒီးမၤတၢ်မနုၤလဲၣ်.

What would you like to do now?

kae ei na eh doe ma ta mu nu lae?

Karen



နဖးလံာ်မနုၤလဲၣ်.

What books do you read?

na pa li ma nu lae?

Karen

လီၤအဲၣ်လီၤကွံၣ်ဒိၣ်မး.

How adorable!

law eh law kwee doh ma!

Karen

လၢနဒၢပူၤန့ၣ် တၢ်ခုၣ်ခါ.

Is it cold in your room?

ler na der pu nay, ta ku ha?

Karen

နအဲၣ်ဒီးလၢ ယဆဲးကျိးန့ၣ် နဟံၣ်ဖိဃီဖိခါ.

Do you want me to contact
your family?

na eh doe ler, ya sat klo nay na ne hi poe kaw poe ha?

Karen



နလိပ်ဘဉ်တၢ်ကူတၢ်သိးအသီဧါ.

Do you need fresh clothes?

na lo ba ta ku ta tho a'thaw ha?

Karen

နမၤနီၢ်ခိတၢ်ဟ့းတၢ်ဂဲၤ
လၢတဆါဘဉ်နၤသ့ဧါ.

Can you exercise without pain?

na ma naw koe ta hu ta gae ler ta sa baa na thay ha?

Karen

နအဲၣ်ဒီးထံၣ်
နဟံၣ်ဖိဃီဖိအခါဖဲလဲၣ်.

When do you want to see your family?

na eh doe tee na hee poe kaw poe aa kha pae lae?

Karen

နအဲၣ်ဒီးထံၣ်လိာ်သးဒီး
ကသံၣ်သရၣ်ဧါ.

Do you want to see the doctor?

na eh doe tee lo tha daw, ka thi tha ra ha?

Karen

နအဲၣ်ဒီးလဲၤတံၢ်နခိၣ်ဆူၣ်ဧါ.

Do you want to see the hairdresser?

na eh doe lae ti na koe su ha?

Karen

နအဲၣ်ဒီးလဲၤထံၣ်လိာ်သးဒီး ခိၣ်က
သံၣ်သရၣ်ဧါ.

Do you want to see the podiatrist?

na eh doe lae ti lo tha daw kaww ka thi tha ra ha?

Karen

နအဲၣ်ဒီးပုၣ်ဃုာ်လၢပတၢ်ဟူး
တၢ်ဂဲၤအပူၤဧါ.

Do you want to join our activity?

na eh doe pa ku ler pa ta hu ta gae a'pu ha?

Karen

နအဲၣ်ဒီးဟဲဆူၣ်တၢ်အိၣ်မ့ၤလီၤဧါ.

Do you want to come
to the dining room?

na eh doe hae su ta aww may law ha?

Karen



နအဲၣ်ဒီးအိၣ်မ့ၤလၢနကစၢ်ဒါးပူၤဧါ.

Do you want to eat in your room?

na eh do aw may ler na naw ka sa der pu ha?

Karen

နဘၣ်လုၣ်ထံလၢဂီၤခီလီၤ.

The shower is in the morning.

na ba lu tee ler gaw kaw law.

Karen